

Psychology, Meet Weight Loss

State of Arizona Employees

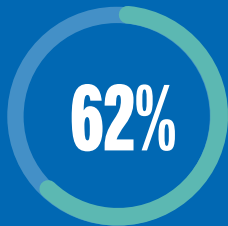
BCBSAZ has partnered with Naturally Slim to help you take control of your physical and mental health—at no cost to you if eligible*.

Naturally Slim is a psychology-based program that teaches clinically-proven, life-long healthy habits that lead to less stress, better sleep, weight loss, and more—no restrictive diets, calorie-counting, or specialty foods required. To learn more or apply now, click below.

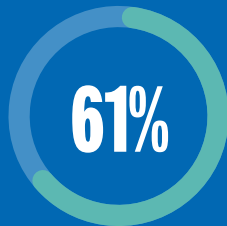
In just 10 weeks¹...



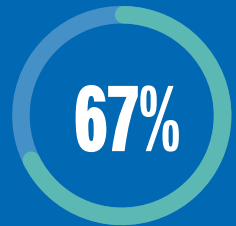
88% of NS participants lose weight



62% of NS participants experience a raise in confidence



61% of NS participants experience an increase in energy



67% of NS participants are more physically active

Even through the adversity many have experienced over the past few months, about 60% of NS participants have defied the odds and increased their mood and confidence¹.

What Naturally Slim participants are saying:



BEFORE



AFTER

Daniel lost 60 lbs

“The most amazing part of the program has been that as the pounds came off my body, I felt like the weight was coming off of my soul.”



BEFORE



AFTER

R.C. lost 62 lbs

“I was hesitant to try [Naturally Slim]. I decided to sign up because I did not want to become another statistic of developing diabetes.”